

What Type of Learner are You? (Survey)

It is interesting for teachers as well as learners to discover more about themselves. Before taking this survey, draw up a pie chart which indicates the percentages of visual, auditory, and kinaesthetic modalities which you believe that you use. Then take this survey by reading the statements and putting a ✓ next to the ones which apply to you.

Visual	_____ I learn by watching. _____ I remember things I have seen. _____ I have a good memory of faces. _____ I like working with charts, graphs and diagrams. _____ I prefer to read about news rather than to listen to it on the radio. _____ I need to have things written down in order to remember them. _____ I sometimes feel lost without my diary. _____ I follow written directions better than oral ones. _____ I try to remember something by "picturing it in my head". _____ I need to take notes during a lecture or presentation so that I can look at them later. _____ I like to receive handouts from a presenter. _____ When I present material myself, I put a lot of time into making it look good. _____ I often use high-lighters or make notes while I am reading. _____ My camera is important to me and I like to take photographs and show them to others.
Auditory	_____ I learn by listening. _____ I remember things I have heard. _____ I have a good memory for voices and music. _____ I can usually remember lyrics to songs. _____ I follow oral directions better than written ones. _____ I would rather listen to a good lecture or speech than read about the same material. _____ I rarely take notes during lectures or presentations _____ I review material best by discussing it with others. _____ I prefer to have an oral explanation of charts, graphs and diagrams. _____ I like to listen to the radio. _____ I like to take part in discussions. _____ I sometimes think aloud. _____ I remember sequences and sometimes need to go back to the beginning of a story to remember all of it. _____ My record or CD collection is important to me and I like to share listening experiences with friends.

Kinaesthetic (Motoric)	<input type="checkbox"/> 	I learn by doing. I remember things I have done. I have a good memory for experiences. I am good at sports. I get restless when I need to sit for a long time and need regular physical activity. I like to have "active" vacations. I enjoy moving the pieces of a jigsaw puzzle around. I feel very comfortable touching others (e.g. clapping someone on the shoulder). I like "action movies". I often think, work through problems or get ideas while walking or doing other physical activity. I need to write things down several times to remember them. I like to play with small objects such as coins or keys in my pockets. I like working with tools. My sports equipment is important to me.
Kinaesthetic (Emotional)	<input type="checkbox"/> 	I learn by using my feelings and intuition. I remember things I have felt. Situations which involved emotions stay in my memory for a long time. I learn best from a teacher or person I like. I need to feel comfortable with the people around me in order to learn or work successfully. It's easy for me to speak about my feelings. I often get "hunches" about something. I follow my feelings regarding other people. People and situations trigger emotions within me. I prefer romantic movies to action-oriented ones. I need to have at least one good friend with whom I can discuss my everyday problems. I often take criticism personally. Social contacts to others are important to me. I like to be around other people in relaxed, comfortable situations.

After checking off the statements which are most true to you add up how many ✓'s you have for each of the categories. From this you can determine which system you prefer. Normally the kinaesthetic system includes both physical and emotional reactions, but I have found that most people tend to be one or the other which is the reason I have divided it into two separate categories. It is also possible to use one system more in a working and learning situation and another system in private and personal situations. No test can give us the whole picture, but this survey can start you thinking about your preferred modality as well as the preferred modality of your students and colleagues.